



Mini Baked Steak Burritos

READY IN



45 min.

SERVINGS



5

CALORIES



804 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons butter
- 1 lb sirloin tip boneless cut into thin bite-size strips
- 12.5 oz old el taco dinner kit
- 16 oz refried beans traditional canned
- 6 oz cheddar cheese shredded
- 3 medium spring onion thinly sliced
- 4 oz cheddar cheese shredded

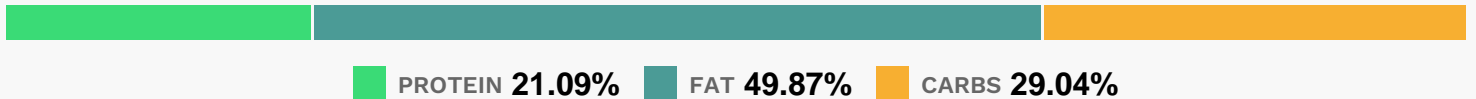
Equipment

- frying pan
- oven
- microwave
- glass baking pan

Directions

- Heat oven to 400°F. In 10-inch nonstick skillet, melt butter over medium heat. Stir in beef; sprinkle with seasoning mix (from dinner kit). Cook 10 to 12 minutes, stirring occasionally, until desired beef doneness; drain. Meanwhile, place refried beans in microwavable dish. Microwave uncovered on High 2 minutes, stirring once or twice.
- Spread beans over each tortilla (from dinner kit) to within 1/4 inch of edges. Top with beef, Cheddar cheese and onions.
- Roll up, folding in sides.
- Place seam sides down in ungreased 13x9-inch (3-quart) glass baking dish.
- Pour fajita sauce (from dinner kit) on top.
- Sprinkle with Mexican cheese blend.
- Bake 15 to 20 minutes or until burritos are hot and cheese is melted.

Nutrition Facts



Properties

Glycemic Index:28.6, Glycemic Load:22.99, Inflammation Score:-7, Nutrition Score:23.994782530743%

Flavonoids

Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg

Nutrients (% of daily need)

Calories: 803.53kcal (40.18%), Fat: 43.92g (67.57%), Saturated Fat: 25.19g (157.46%), Carbohydrates: 57.55g (19.18%), Net Carbohydrates: 52.79g (19.2%), Sugar: 37.38g (41.54%), Cholesterol: 118.7mg (39.57%), Sodium: 1026.01mg (44.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 9.92mg (3.31%), Protein: 41.79g (83.58%), Selenium: 45.02µg (64.32%), Vitamin B12: 3.65µg (60.76%), Phosphorus: 554.12mg (55.41%), Calcium: 521.2mg (52.12%), Zinc: 7.24mg (48.25%), Vitamin B2: 0.57mg (33.25%), Vitamin B6: 0.62mg (31.09%), Vitamin B3: 5.67mg

(28.36%), Vitamin K: 23.88µg (22.74%), Iron: 4.01mg (22.25%), Fiber: 4.75g (19.01%), Vitamin A: 913.08IU (18.26%), Potassium: 586.56mg (16.76%), Magnesium: 65.73mg (16.43%), Vitamin B5: 1.41mg (14.06%), Copper: 0.27mg (13.46%), Vitamin B1: 0.18mg (11.74%), Folate: 32.18µg (8.05%), Vitamin E: 0.93mg (6.2%), Manganese: 0.1mg (5.18%), Vitamin D: 0.32µg (2.12%), Vitamin C: 1.7mg (2.06%)